



Township of Algonquin Highlands
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RECREATION ONLINE PROGRAM PARTICIPANT WAIVER FORM

By participating in the online programming I acknowledge that:

Participating in the online activity involves certain elements of risk that are inherent to any exercise, physical fitness or training program. Injuries of all types can occur when participating in exercise, physical fitness or training programs therefore participants are encouraged to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training demonstrated on this website. You fully assume the risk of any resulting injury including but not limited to general soreness, muscle and tendon injuries, ligament and skeletal injuries, concussions, heart attack, brain injury or even death. The risk of sustaining injury can result from the nature of the online activity itself, physical surroundings, and the physical condition and actions of the participant.

The risk of sustaining these types of injuries can occur without any fault of the participant, or the Township of Algonquin Highlands, its employees, volunteers, agents, program partners, council members and committee members in relation to the online activity. By choosing to participate in the online activity, I am fully accepting the risk that injury or death may occur.

I HEREBY AGREE to participate at my own risk and to RELEASE, WAIVE AND FOREVER DISCHARGE the Township of Algonquin Highlands and its employees, volunteers, agents, program partners, Council members, committee members, officials and officers against any loss, liability, damage, cause of action, cost, or expense of any nature whatsoever, including without limitation attorneys' fees and other legal costs however caused.

In order to participate, I HEREBY AGREE to do so at my own risk. I freely accept and fully assume all risks, dangers and hazards associated with the activities and the possibility of person injury, death, property damage or loss resulting.